

# RecConnect

WAKE FOREST PARKS & RECREATION

## Winter-Spring Programs and Athletics



Enhancing our community's quality of life one resident at a time!

# Easter Egg Hunt

Over 5,000 eggs will be hidden at E. Carroll Joyner Park for the annual egg hunt. Several golden eggs will bring a special prize. In the event of rain, all hunts will be relocated to Flaherty Park Community Center.



**Apr 5** 10:00 am—ages 3 & younger  
SATURDAY 11:00 am—ages 4-6  
1:00 pm—ages 7-9  
2:00 pm—ages 10-12

# Six Sundays in Spring

Bring a lawn chair and enjoy a free concert at the park. The Six Sundays in Spring concert series is co-sponsored by the Wake Forest Parks & Recreation Department, Wake Forest ARTS and United Arts of Raleigh and Wake County. June 1st show is presented by PineCone: The Piedmont Council of Traditional Music.

**Apr 27- June 1** **Concert Series**  
SUNDAYS 3:00 pm-7:00 pm  
E. Carroll Joyner Park, 701 Harris Rd.

# Cultural Art Performances

The following presentations are free and open to the public. Shows are co-sponsored by the Wake Forest Parks & Recreation Department and United Arts of Raleigh and Wake County.

**Feb 8** **Donna Washington, Storyteller**  
SATURDAY 1:00 pm  
Alston-Massenburg Center, 416 N. Taylor St.

**Feb 14** **NC Youth Tap Dance Ensemble**  
FRIDAY 10:00 am  
Jones Dairy Elementary School, 1100 Jones Dairy Rd.

**Mar 7** **Magic of African Rhythm (Dance/Theater)**  
FRIDAY 8:30 am and 9:30 am  
Heritage Elementary School, 3500 Rogers Rd.



Donna Washington, Storyteller

## RecConnect

Jan-May 2014

**The Wake Forest Parks & Recreation Department seeks to enhance the lives of the citizens of Wake Forest by offering a comprehensive system of parks, greenways, facilities, and open spaces, coupled with cultural and athletic programs, that promote education, health, and wellness.**

Town of Wake Forest  
Parks & Recreation Department  
301 S. Brooks St.  
Wake Forest, NC 27587  
919-435-9560

Office Hours:  
Monday - Friday | 8:00 am - 5:00 pm

[www.wakeforestnc.gov/parksrecreation.aspx](http://www.wakeforestnc.gov/parksrecreation.aspx)

## Administration

Administration/Recreation Office .....919-435-9560  
Fax (919) 435-9499



**WEATHER LINE ..... 919-435-9569**

Facility Maintenance Division ..... 919-554-6184

Parks & Recreation Director  
Ruben Wall..... 919-435-9561

Athletics Superintendent  
Edward Austin..... 919-435-9562

Programs Superintendent  
Cindy Fergeson..... 919-435-9563

Office Assistant  
Rosemary Pimentel..... 919-435-9564

Urban Forester  
Evan Keto ..... 919-435-9565

Wake Forest Renaissance Centre Manager  
Pamela Stevens ..... 919-554-1379

Maintenance Superintendent  
Jimmy Thrift ..... 919-554-6184

Maintenance Crew Supervisor ..... Randy Hoyle

Maintenance Specialist ..... Andrew Adcock

Maintenance Specialist ..... James Brantley

Maintenance Specialist ..... Daniel Conyers

Maintenance Specialist ..... Kyle Keaton

Maintenance Specialist ..... Terry Medlin

Maintenance Specialist ..... Jonathan Ray

Maintenance Specialist ..... Mike Underhill

Flaherty Park  
Community Center..... 919-554-6726

Facility Supervisor ..... Beth Jones

Facility Supervisor ..... Charles Grant

Facility Supervisor ..... Gloria Crudup

Facility Supervisor ..... Stella Daniska

Alston-Massenburg Center ..... 919-554-6189

Facility Supervisor ..... Laura Ficken

Facility Supervisor ..... Quentin Jones



# Registration

## Forms and Fees

The registration form is located at the back of this brochure. Complete one registration form per participant.

1. Please print all information.
2. Non-residents pay an additional fee for athletic programs and swim lessons.
3. Read and sign all appropriate forms.
4. Make full payment.

**Note:** The Wake Forest Parks & Recreation Department reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached. Classes are subject to instructor availability. **In preschool programs where parent participation is not required, children must be potty-trained in order to participate.**

### PARENT PARTICIPATION POLICY

The Wake Forest Parks & Recreation Department offers individualized skills programs for children; parents will not be allowed to participate during the session. Parents are only permitted to attend sessions when the instructor requires parent participation.

### INSTRUCTOR BACKGROUND CHECK POLICY

All departmental staff and instructors are required to have a background screening by the Town of Wake Forest before they can begin employment.

### NON-RESIDENT FEES

Anyone residing outside the corporate limits of the Town of Wake Forest is encouraged to participate but may be assessed an additional non-resident fee.

## Class Registration

Preregistration is required for all programs. To register for a class, an individual must complete a registration form. Full payment must be made at the time of registration. Class registrations will be accepted up to two business days before the program's start date as long as space is available and unless otherwise noted in this brochure.

Online registration for all classes is accepted **Nov. 12-Dec. 31**. Visit [www.wakeforestnc.gov/parksrecreation.aspx](http://www.wakeforestnc.gov/parksrecreation.aspx). After online registration ends, if spaces are still available in the class you may still register in person. Please contact the appropriate location for more information.

Walk-in and mail-in registration for all classes begins **Tuesday, Nov. 12**.

Registration for programs held at Flaherty Park Community Center is accepted at Flaherty Park. The center is located at 1226 N. White St.

Registration for programs held at the Alston-Massenburg Center is accepted at the center. The center is located at 416 N. Taylor St.

Registration for programs held at the Cottage at Olde Mill Stream and the Wake Forest Community House is accepted at Wake Forest Town Hall, 301 S. Brooks St.

## Class Refund Policy

Class fees are 100% refundable when the class is canceled by the Wake Forest Parks & Recreation Department. Anyone wishing to withdraw from a class that has not been canceled by the Parks & Recreation Department must request a refund, in writing, at least ten business days before the start of the class. Refunds will not be given for withdrawals made less than the ten business day period other than for verified medical/hardship cases.

## Athletic Registration

Athletic registration forms will only be accepted during the advertised registration period. Early registrations will not be accepted.

### MAIL-IN REGISTRATION

Athletic registration forms may be submitted by mail but must be post-marked no later than the last day of registration. Forms will be made available during registration periods only. **Birth certificates are required at the time of registration.**

### WALK-IN REGISTRATION

Walk-in registration will occur at Wake Forest Town Hall, 301 S. Brooks St., during normal business hours (Monday - Friday, 8 am-5 pm). See registration dates for athletic leagues on page 16.

### ONLINE REGISTRATION

Online registration for youth athletics is available during specified registration dates, **for returning players only**. To use our online registration, follow the link from the Youth Athletics page on the town's website at [www.wakeforestnc.gov/parksrecreation.aspx](http://www.wakeforestnc.gov/parksrecreation.aspx).

## Athletic Refund Policy

Anyone withdrawing from an athletic program must request a refund, in writing, in order for a refund to be processed. Fees are 100% refundable if requested before participant's first assigned team practice.



## PARKS & RECREATION

# Facilities

- Parks and greenways are open daily from dawn until dusk.
- Smoking is limited to parking areas only.
- Alcoholic beverages are prohibited.
- Use of personal grills (gas or charcoal) is prohibited.

\* **Note:** Heritage High School Park is open to the public after 6 pm on weekdays and dawn to dusk on weekends. For additional information, visit [wakeforestnc.gov/residents-parksrecreation\\_facilities.aspx](http://wakeforestnc.gov/residents-parksrecreation_facilities.aspx) or call 919-435-9560.



Paved (P), Soft Trail (S)

Length in Miles

### GREENWAYS

<b>E. Carroll Joyner Park</b> 701 Harris Rd.	P S	3.0 mi. .5 mi.
<b>Dunn Creek Greenway</b> 690 Heritage Lake Rd.	P	1.0 mi. .3 mi*
<b>H.L. Miller Park</b> 401 Elm Ave.	P	.4 mi.
<b>Heritage High School</b> 1150 Forestville Rd.	S	.8 mi.
<b>J.B. Flaherty Park</b> 1226 N. White St.	P	.25 mi.
<b>Kiwanis Greenway</b> 706 S. Franklin St.	P	.25 mi.
<b>Richland Creek Olde Mill Stream Greenway</b> 901 Barnford Mill Rd.	P	.45 mi.
<b>Sanford Creek Heritage South Greenway</b> dead end of Marshall Farm St.	P	.85 mi. 1.3 mi.**
<b>Smith Creek Burlington Mills Greenway</b> 2912 Burlington Mills Rd.	P	1.15 mi.
<b>Smith Creek Soccer Center</b> 690 Heritage Lake Rd.	P	.63 mi. 1.1 mi.**
<b>Tyler Run Park</b> 830 Pineview Dr.	P	.12 mi.
<b>Wake Forest Reservoir</b> Traditions Grande Blvd.	S	1.6 mi.

\*Downtown Connector section (.3 mi.) to be completed 2015.

\*\*Smith/Sanford Creek Greenway (2.4 mi.) to be completed 2015.



### PARKS

	Acres	Amphitheatre	Baseball/Softball Field	Basketball Court	Community Center	Dog Park	Flower Garden	Greenway	Grill	Open Space	Picnic Shelter	Picnic Tables	Playground (ADA #)	Pond	Swimming Pool	Restrooms	Soccer Field	Tennis Court
<b>Ailey Young Park</b> 800 Juniper Ave.	15		●	●					●		●	●	●			●		
<b>DuBois Park</b> 518 N. Franklin St.	0.4			●									●					
<b>E. Carroll Joyner Park</b> 701 Harris Rd.	117	●					●	●	●	●	●	●		●		●		
<b>H.L. Miller Park</b> 401 Elm Ave.	2							●				●						
<b>Heritage High School*</b> 1140 Forestville Rd.	25		●	●				●								●	●	●
<b>Holding Park</b> 133 W. Owen Ave.	5		●	●	●				●	●		●	●		●	●		
<b>J.B. Flaherty Park</b> 1226 N. White St.	100		●	●	●	●		●		●	●	●	●	●		●		●
<b>Kiwanis Park</b> 400 E. Holding Ave.	1							●			●		●					
<b>Plummer Park</b> 965 Jones Wynd	0.5										●	●	●					
<b>Smith Creek Soccer Center</b> 690 Heritage Lake Rd.	17							●	●		●	●	●			●	●	
<b>Taylor Street Park</b> 416 N. Taylor St.	1.5				●		●				●	●	●			●		
<b>Tyler Run Park</b> 830 Pineview Dr.	9		●	●				●				●	●					

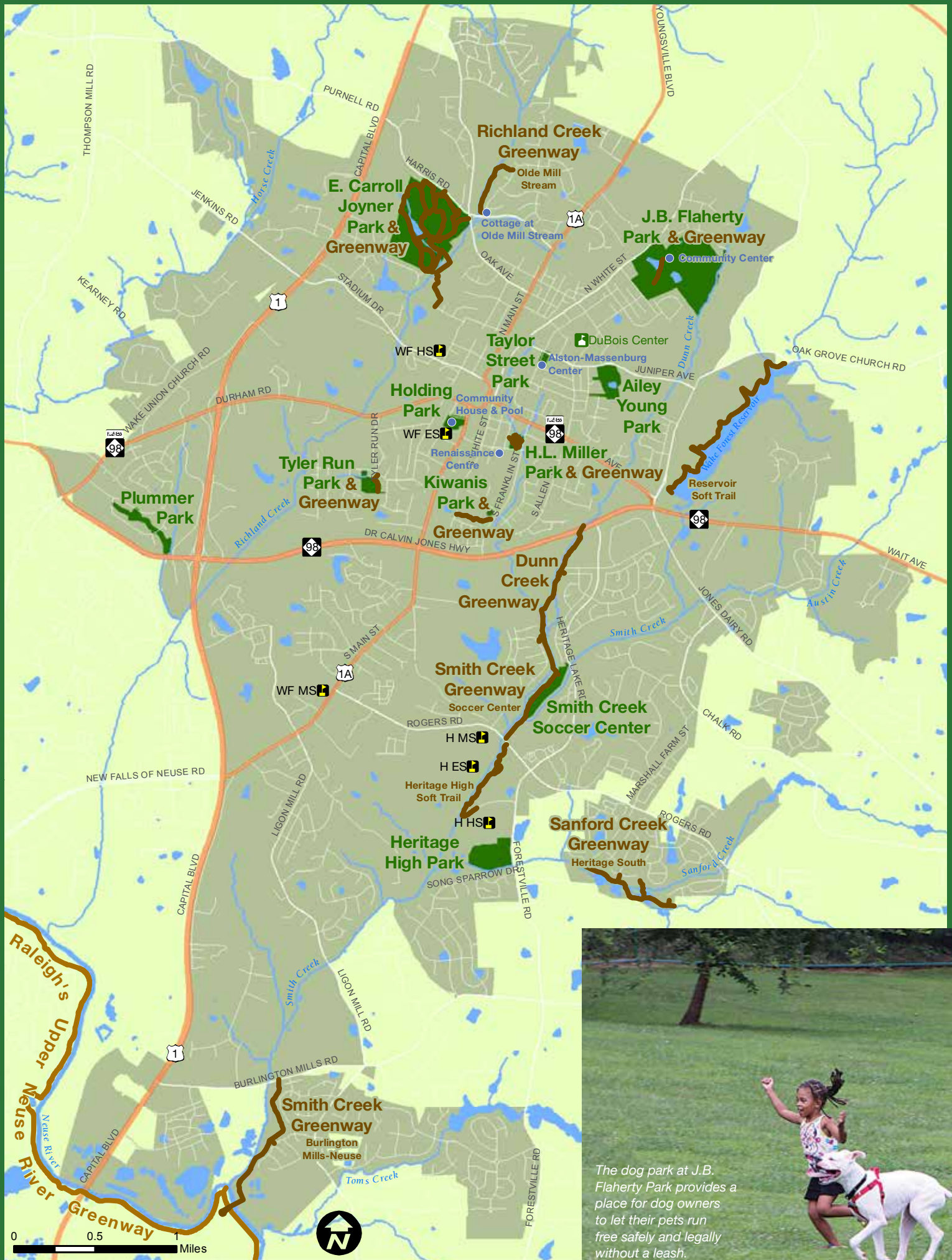


### COMMUNITY CENTERS & FACILITIES

	Classroom	Game Room	Gymnasium	Kitchen	Meeting Room	Performance Stage	Swimming Pool	Available for Rent
<b>Alston-Massenburg Center</b> 416 N. Taylor St.   919-554-6189	●			●	●	●		●
<b>Cottage at Olde Mill Stream</b> 901 Barnford Mill Rd.	●							
<b>Flaherty Park Community Center</b> 1226 N. White St.   919-554-6726	●	●	●	●	●			●
<b>Holding Park Pool</b> 133 W. Owen Ave.							●	
<b>Wake Forest Community House</b> 133 W. Owen Ave.	●			●				●
<b>Wake Forest Renaissance Centre</b> 405 S. Brooks St. (Opening 2014)				●	●	●		●

Download the free Town of Wake Forest app to access maps to the parks. Search for "Town of Wake Forest" on iTunes, in the iPhone app store, or in Google Play. [www.wakeforestnc.gov/app.aspx](http://www.wakeforestnc.gov/app.aspx).







# PARK & FACILITY Rentals



E. Carroll Joyner Park  
Performance Garden



Alston-Massenburg Center



Wake Forest Community House



E. Carroll Joyner Park  
Open Space



Flaherty Park Community Center

The following facilities can be rented for special events. For additional information, please contact the Wake Forest Parks & Recreation Department at 919-435-9560.

## E. Carroll Joyner Park

701 Harris Road

### Amphitheater

The 1,000-lawn seat amphitheater is a great location for family reunions, church programs, and other activities.

**Deposit:** \$100

**Rates:** **MONDAY - FRIDAY:**  
**Half-Day:** \$150  
8 am-2 pm or 3 pm-Dusk  
**Full Day:** \$250  
Dawn-Dusk

**SAT-SUN & HOLIDAYS:**  
**Half-Day:** \$200  
8 am-2 pm or 3 pm-Dusk  
**Full Day:** \$400  
Dawn-Dusk

### Performance Garden

The intimate setting is a great location for small family gatherings, weddings, receptions, and other similar activities.

**Deposit:** \$100

**Rates:** **MONDAY - FRIDAY:**  
**Half-Day:** \$75  
8 am-2 pm or 3 pm-Dusk  
**Full Day:** \$150  
Dawn-Dusk

**SAT-SUN & HOLIDAYS:**  
**Half-Day:** \$100  
8 am-2 pm or 3 pm-Dusk  
**Full Day:** \$200  
Dawn-Dusk

## Open Space Rental

Reserve open space at Holding Park, Flaherty Park and E. Carroll Joyner Park.

**Deposit:** \$100

**Rates:** \$15/hr., 2 hr. minimum

## Athletic Field Rental

**Deposit:** \$100

**Rates:** **Hourly:** \$25 (no lights)  
Plus additional \$30 field prep fee  
**Lights:** \$15/hr.

## Alston-Massenburg Center

416 N. Taylor St. | 919-554-6189

Available for weddings, receptions, family reunions, and other activities.

### Large Meeting Room (available Sat-Sun only)

**Deposit:** \$100

**Rates:** **Half-Day:** \$200  
8 am-3 pm or 5 pm-Midnight  
**Full Day:** \$400  
8 am-Midnight

**Seating:** 24 tables, 125 chairs available

## Wake Forest Community House

133 W. Owen Avenue

Available on weekends (Fri-Sun) for family reunions, weddings, receptions and other activities.

**Deposit:** \$100

**Rates:** **Half-Day:** \$200  
8 am-3 pm or 5 pm-Midnight  
**Full Day:** \$400  
8 am-Midnight

**Seating:** 23 tables, 170 chairs available

## Flaherty Park Community Center

1226 N. White St. | 919-554-6726

### Gymnasium (available Sat-Sun only)

**Deposit:** \$100

**Rates:** \$80/hr., 2 hr. minimum  
*Additional \$15/hr. supervisory fee for after hours: 5 pm-Midnight*  
**Seating:** Tables and chairs must be rented from an outside vendor. Tables must be 6' and all tables and chairs must have rubberized tips.

### Meeting Room (available Sat-Sun only)

**Deposit:** \$100

**Rates:** \$40/hr., 2 hr. minimum  
*Additional \$15/hr. supervisory fee for after hours: 5 pm-Midnight*  
**Seating:** 4 tables, 20 chairs available

## Wake Forest Renaissance Centre

405 S. Brooks St. | 919-435-9560

Available for rentals beginning in 2014 for concerts, exhibits, plays, recitals, conventions and meetings. For more information, visit [www.wakeforestnc.gov/wake-forest-renaissance-centre.aspx](http://www.wakeforestnc.gov/wake-forest-renaissance-centre.aspx).

**Note:** Holidays include Memorial Day, Independence Day and Labor Day.

## Toddler Morning Time (ages 18 mos-3 yrs)

Stories, music, crafts and educational activities for the youngest toddlers and their care givers! Students will study and explore the winter season through song and dance, craft projects, puzzles, counting, letters and more. **Parent participation required.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$48 per session  
**Sessions:** Jan 16-Feb 20  
Thu 9:00 am-9:45 am  
Mar 6-Apr 10  
Thu 9:00 am-9:45 am  
May 1-Jun 5  
Thu 9:00 am-9:45 am

## Parent and Toddler Nursery Rhymes and Dance Time (age 2)

A parent and child movement and dance class to get everyone moving. We will be using nursery rhymes/lullabies to make this class more kid friendly. **Parent participation is required. Participants must be age 2 prior to the class start date. Flexible clothing, pink ballet slippers for girls, and black Jazz shoes for boys. No Class Jan. 20 and May 26.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** Jan 13-Feb 24  
Mon 9:30 am-10:00 am  
Mar 10-Apr 14  
Mon 9:30 am-10:00 am  
Apr 28-Jun 9  
Mon 9:30 am-10:00 am

## Time for Make Believe (ages 2-3)

Parents and children come one come all! Join us as we play pretend with dragons, fairies, princesses, knights, and more. We will explore activities for the dreamer in all of us. A child's imagination is one of the greatest gifts a child can give us. Explore with us through song and dance, educational projects, playing dress-up, storytelling, and more in this preschool like setting. **Parent participation required.** ★ Register at town hall.

"TIME FOR MAKE BELIEVE" CONT.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$48 per session  
**Sessions:** Jan 16-Feb 20  
Thu 11:00 am-11:45 am  
Mar 6-Apr 10  
Thu 11:00 am-11:45 am  
May 1-Jun 5  
Thu 11:00 am-11:45 am

## Creative Dance Movement (ages 2-3)

An introduction to multiple styles of dance by allowing the child to interpret their own movements in an array of activities and dances. We will use nursery rhymes/lullabies to make this class kid friendly. **Requirements: Participants must be age 2 prior to the class start date. Flexible clothing, pink ballet slippers for girls, and black Jazz shoes for boys.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** Jan 17-Feb 21  
Fri 9:30 am-10:00 am  
Mar 7-Apr 11  
Fri 9:30 am-10:00 am  
May 2-Jun 6  
Fri 9:30 am-10:00 am

## Tiny Ballerinas (ages 3-5)

Students will learn stretching, technique, and movements to encourage flexibility, poise, grace, balance, and self confidence. We will learn all the ballet basics including the 5 positions, turns, and balance practices. **Requirements: Ballet shoes and flexible clothing. No class Jan. 20 and May 26.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** Jan 13-Feb 24  
Mon 10:15 am-11:00 am  
Jan 17-Feb 21  
Fri 10:15 am-11:00 am  
Mar 7-Apr 11  
Fri 10:15 am-11:00 am  
Mar 10-Apr 14  
Mon 10:15 am-11:00 am  
Apr 28-Jun 9  
Mon 10:15 am-11:00 am  
May 2-Jun 6  
Fri 10:15 am-11:00 am

## Toddler Art (ages 18 mos-3 yrs)

Parents and their child will enjoy exploring the world of art through many projects and storytelling adventures. **Parent participation is required. No class Jan. 20 and Apr. 21.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$48 per session  
**Session:** Jan 13-Feb 10  
Mon 10:00 am-10:45 am  
Jan 16-Feb 6  
Thu 10:00 am-10:45 am  
Feb 20-Mar 13  
Thu 10:00 am-10:45 am  
Feb 24-Mar 17  
Mon 10:00 am-10:45 am  
Apr 7-May 5  
Mon 10:00 am-10:45 am  
Apr 10-May 1  
Thu 10:00 am-10:45 am

## Toddler Music Time (ages 2-3)

In this lively class for our youngest music lovers, we will explore the magic of the season through circle time songs, educational games, and crafts. Musical instruments, clapping, dancing, and singing will be used to develop gross and fine motor skills. **Parent participation required.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$48 per session  
**Sessions:** Jan 16-Feb 20  
Thu 10:00 am-10:45 am  
Mar 6-Apr 10  
Thu 10:00 am-10:45 am  
May 1-Jun 5  
Thu 10:00 am-10:45 am

## Caring Hearts (ages 3-5)

**WORKSHOP** Students will enjoy learning about Valentine's Day by making their own cards and gifts for their loved ones. Please bring a snack. ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$15  
**Session:** Feb 1  
Sat 10:00 am-12:00 pm

## Caring Hearts

(ages 3-5)

**WORKSHOP** Students will enjoy learning about Valentine's Day by making their own cards and gifts for their loved ones. Please bring a snack. ★ *Register at Alston-Massenburg Center.*

**Location:** Alston-Massenburg Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$15  
**Session:** **Feb 8**  
 Sat 10:00 am-12:00 pm

## Preschool Art

(ages 3-5)

Students will enjoy stories and art projects based around a theme. Students will explore basic art techniques through many different mediums. **No class Jan. 20 and Apr. 21.** ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$48 per session  
**Sessions:** **Jan 13-Feb 10**  
 Mon 11:00 am-12:30 pm  
**Jan 16-Feb 6**  
 Thu 11:00 am-12:30 pm  
**Feb 20-Mar 13**  
 Thu 11:00 am-12:30 pm  
**Feb 24-Mar 17**  
 Mon 11:00 am-12:30 pm  
**Apr 7-May 5**  
 Mon 11:00 am-12:30 pm  
**Apr 10-May 1**  
 Thu 11:00 am-12:30 pm

## Preschool Art

(ages 3-5)

Students will enjoy stories and art projects based around a theme. Students will explore basic art techniques through many different mediums. **No class Feb. 1 and Feb. 8.** ★ *Register at Alston-Massenburg Center.*

**Location:** Alston-Massenburg Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$48 per session  
**Sessions:** **Jan 18-Feb 22**  
 Sat 9:30 am-11:00 am  
**Mar 8-Mar 29**  
 Sat 9:30 am-11:00 am

## Eggadventure

(ages 3-5)

**WORKSHOP** Enjoy making crafts for the Easter holiday, and exploring adventures through storytelling. Please bring a snack. ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$15  
**Session:** **Apr 12**  
 Sat 10:00 am-12:00 pm

## Molly Manners—Nice is Right!

(ages 3-5)

Come and join the fun, companionship, and laughter while learning good manners! Molly Manners uses interactive and effective preschool activities to help children become confident, considerate, and respectful of themselves and others. Parents will receive weekly "Manners Minutes" with a review of topics covered to reinforce and practice at home. ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Joanne Heidinger  
**Fee:** \$48 per session  
**Session:** **Jan 15-Feb 19**  
 Wed 11:00 am-11:45 am  
**Mar 5-Apr 9**  
 Wed 11:00 am-11:45 am  
**Apr 23-May 28**  
 Wed 11:00 am-11:45 am

## Lil' Dribblers

(ages 4-5)

An introduction to the basic skills and fundamentals of the sport of basketball. Activities include dribbling, passing, shooting and basic court positioning. This is a fun and exciting way to build a child's coordination and confidence in a non-competitive environment. **No class Mar. 5.** ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Lynne Mullins  
**Fee:** \$45 per session  
**Sessions:** **Jan 15-Feb 5**  
 Wed 1:15 pm-2:00 pm  
**Feb 19-Mar 19**  
 Wed 1:15 pm-2:00 pm  
**Apr 9-30**  
 Wed 1:15 pm-2:00 pm

## Lil' Sluggers

(ages 4-5)

A basic sports program that uses activities to teach fielding, hitting, throwing and catching. This is a fun and exciting way to help build a child's coordination and confidence in a non-competitive environment. **No class Mar. 5.** ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Lynne Mullins  
**Fee:** \$45 per session  
**Sessions:** **Jan 15-Feb 5**  
 Wed 2:15 pm-3:00 pm  
**Feb 19-Mar 19**  
 Wed 2:15 pm-3:00 pm  
**Apr 9-30**  
 Wed 2:15 pm-3:00 pm

## Cookie Monsters

(ages 4-5)

An introduction to baking for children. Basic kitchen safety, measurements, and a new cookie recipe will be covered each week. **No class March 6.** ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Lynne Mullins  
**Fee:** \$45 per session  
**Session:** **Jan 16-Feb 6**  
 Thu 3:30 pm-4:15 pm  
**Feb 20-Mar 20**  
 Thu 3:30 pm-4:15 pm  
**Apr 10-May 1**  
 Thu 3:30 pm-4:15 pm

## Intro to Gymnastics

(ages 4-6)

An introductory course designed to help improve confidence, balance, fine, and gross motor skills, teach flexibility, and coordination. We will learn all the basics in a safe environment. **Requirements: Socks or gymnastics shoes.** ★ *Register at town hall.*

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** **Jan 17-Feb 21**  
 Fri 11:15 am-12:00 pm  
**Mar 7-Apr 11**  
 Fri 11:15 am-12:00 pm  
**May 2-Jun 6**  
 Fri 11:15 am-12:00 pm



## Art for Homeschoolers (ages 5-8)

Students will explore basic elements of art including line, color, and composition. Different art mediums will be emphasized. **No class Jan. 20 and Apr. 21.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$48 per session  
**Sessions:** **Jan 13-Feb 10**  
 Mon 1:30 pm-3:00 pm  
**Feb 24-Mar 17**  
 Mon 1:30 pm-3:00 pm  
**Apr 7-May 5**  
 Mon 1:30 pm-3:00 pm

## Kids Art (ages 5-8)

Students will explore line, color and composition through many different types of mediums. **No class Feb. 1 and Feb. 8.** ★ Register at Alston-Massenburg Center.

**Location:** Alston-Massenburg Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$48 per session  
**Sessions:** **Jan 18-Feb 22**  
 Sat 11:00 am-12:30 pm  
**Mar 8-Mar 29**  
 Sat 11:00 am-12:30 pm

## Kids Art (ages 5-8)

Students will explore line, color and composition through many different types of mediums. **No class Jan. 20 and Apr. 21.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$48 per session  
**Sessions:** **Jan 13-Feb 10**  
 Mon 4:30 pm-6:00 pm  
**Feb 24-Mar 17**  
 Mon 4:30 pm-6:00 pm  
**Apr 7-May 5**  
 Mon 4:30 pm-6:00 pm



## Youth Drawing and Open Studio for Homeschoolers (ages 9-12)

Students will experience and enjoy the different mediums: pencil, watercolor, acrylic and charcoal while completing an art piece each day. Paint a landscape, an animal, still life and more! **No class May 7.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$55 per session (plus materials)  
**Sessions:** **Jan 8-Feb 12**  
 Wed 3:30 pm-4:30 pm  
**Feb 26-Apr 2**  
 Wed 3:30 pm-4:30 pm  
**Apr 9-May 21**  
 Wed 3:30 pm-4:30 pm

## Youth Drawing and Open Studio (ages 9-12)

Students will experience and enjoy the different mediums: pencil, watercolor, acrylic and charcoal while completing an art piece each day. Paint a landscape, an animal, still life and more! Please bring a snack daily. **No class May 6.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$55 per session (plus materials)  
**Sessions:** **Jan 7-Feb 11**  
 Tues 4:30 pm-5:30 pm  
**Feb 25-Apr 1**  
 Tues 4:30 pm-5:30 pm  
**Apr 8-May 20**  
 Tues 4:30 pm-5:30 pm

## Art for Teens (ages 13-15)

Students will experience and enjoy the different mediums: pencil, watercolor, acrylic, and charcoal while completing an art piece each day. Paint a landscape, an animal, still life, and much more! **No class May 6.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$55 per session (plus materials)  
**Sessions:** **Jan 7-Feb 11**  
 Tues 3:30 pm-4:30 pm  
**Feb 25-Apr 1**  
 Tues 3:30 pm-4:30 pm  
**Apr 8-May 20**  
 Tues 3:30 pm-4:30 pm

## Soap Carving (ages 8-14)

Join woodcarver Fred Zinn in the age-old fun craft of soap carving. Students will carve and paint various flowers, animals and objects of their choice. All tools will be provided and are made out of wood and dull metal. **Requirements: Students should bring five bars of Ivory® soap per class.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Fred Zinn  
**Fee:** \$45 per session  
**Sessions:** **Jan 16-Feb 20**  
 Thu 6:30 pm-8:30 pm  
**Mar 6-Apr 10**  
 Thu 6:30 pm-8:30 pm

## Art of Woodcarving (ages 12-adult)

Students will be given hands-on instruction and will carve an animal, a relief picture, a chip carving and a whammy doodle. We will also focus on different types of wood, tool safety and basic sharpening techniques. All experience levels welcome. **Requirements: Please bring Xacto knife #3261 for carving. No box cutters. An additional \$5 materials fee will be required payable to the instructor at the first class. No class Jan. 20.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Fred Zinn  
**Fee:** \$45  
**Session:** **Jan 13-Feb 24**  
 Mon 6:30 pm-8:30 pm



## Art of Woodcarving (ages 12-adult)

Students will be given hands-on instruction and will carve an animal, a relief picture, a chip carving and a whammy doodle. Instruction will also focus on different types of wood, tool safety, and basic sharpening techniques. All experience levels welcome. **Requirements:** Please bring Xacto knife #3261 for carving. No box cutters. An additional \$5 materials fee will be required payable to the instructor at the first class session. No class Jan. 24 and Apr. 18. ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Fred Zinn  
**Fee:** \$45 per session  
**Sessions:** Jan 17-Feb 28  
Fri 6:30 pm-8:30 pm  
Mar 14-Apr 25  
Fri 6:30 pm-8:30 pm

## Valentine Factory Workshop (ages 5-8)

Come and enjoy learning about printmaking as we make many homemade cards to give out for Valentine's Day. Please bring a snack. ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$15  
**Session:** Feb 1  
Sat 1:00 pm-3:00 pm

## Valentine Factory Workshop (ages 5-8)

Come and enjoy learning about printmaking as we make many homemade cards to give out for Valentine's Day. Please bring a snack. ★ Register at Alston-Massenburg Center.

**Location:** Alston-Massenburg Center  
**Instructor:** Maureen Seltzer  
**Fee:** \$15  
**Session:** Feb 8  
Sat 1:00 pm-3:00 pm

## Kids Chefs (ages 6-9)

Students will learn beginning kitchen skills including measurements and kitchen safety. A different recipe will be taught each week. Participants will be exposed to a variety of different tastes and textures. **No class Mar. 6.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Lynne Mullins  
**Fee:** \$48 per session  
**Sessions:** Jan 16-Feb 6  
Thu 4:30 pm-5:30 pm  
Feb 20-Mar 20  
Thu 4:30 pm-5:30 pm  
Apr 10-May 1  
Thu 4:30 pm-5:30 pm

## Jump for Fitness (ages 7-14)

Come and jump rope for fun, health, and a great way to learn new rope skills. We will do speed, endurance, tricks and long rope exercises. A high impact cardiovascular fitness class. Please bring your own short rope. Long ropes will be provided. **No class Apr. 23.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Jessica Marshall  
**Fee:** \$45  
**Session:** Apr 16-May 28  
Wed 6:00 pm-6:45 pm

## Homeschool Ballet (ages 5-10)

This is a beginning level ballet class designed for the child with little or no dance experience. Students will learn balance, flexibility, patience and dexterity. We will focus on basics including turns, jumps, cross floor movements and proper foot and arm positions. **Requirements: Ballet shoes—must have an elastic strap across the top of the foot. No class Jan. 20 and May 26.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** Jan 13-Feb 24  
Mon 11:15 am-12:00 pm  
Mar 10-Apr 14  
Mon 11:15 am-12:00 pm  
Apr 28-Jun 9  
Mon 11:15 am-12:00 pm

## Afterschool Ballet (ages 5-10)

A ballet program designed for school age children to explore the world of ballet. **Requirements: Ballet shoes—must have an elastic strap across the top of the foot. No class Jan. 20 and May 26.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** Jan 13-Feb 24  
Mon 4:15 pm-5:00 pm  
Mar 10-Apr 14  
Mon 4:15 pm-5:00 pm  
Apr 28-Jun 9  
Mon 4:15 pm-5:00 pm

## Combination Dance (ages 8-12)

Thirty minutes of tap and thirty minutes of ballet is a great way to help your child stay active with dancing. This is a fun and high energy class focusing on the technique behind these wonderful styles of dance. **Requirements: Ballet shoes (must have an elastic strap across the top of the foot) and tap shoes. No class Jan. 20 and May 26.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** Jan 13-Feb 24  
Mon 5:15 pm-6:15 pm  
Mar 10-Apr 14  
Mon 5:15 pm-6:15 pm  
Apr 28-Jun 9  
Mon 5:15 pm-6:15 pm

## Dance Like You Mean It (ages 13-16)

A combination of ballet, Broadway, and Jazz in all original choreography to a variety of songs. **No class Apr. 23.** ★ Register at Alston-Massenburg Center.

**Location:** Alston-Massenburg Center  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** Jan 8-Feb 12  
Wed 5:15 pm-6:00 pm  
Feb 26-Apr 2  
Wed 5:15 pm-6:00 pm  
Apr 16-May 28  
Wed 5:15 pm-6:00 pm





## Introduction to Sewing (ages 14-adult)

Welcome to the wonderful world of sewing! You will learn to make and embellish an apron starting from pinning and cutting out your pattern to wearing your completed creation. Your own sewing machine is recommended but not required. Space is limited. **No class Jan. 24.** ★ *Register at town hall.*

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45  
**Session:** **Jan 17-Feb 28**  
Fri 6:00 pm-7:00 pm

## Continuation to Sewing (ages 14-adult)

Learn more advanced techniques to make the projects you dreamed about but weren't quite sure how to make into reality. Your own sewing machine is recommended but not required. Space is limited. ★ *Register at town hall.*

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45  
**Session:** **Mar 7-Apr 11**  
Fri 6:00 pm-7:00 pm

## Dress for Success (ages 14-18)

Has your teenager been for their first job interview yet? Are they prepared? Do you role-play for interviews? Do you explain to them what their clothing or body language can say about themselves? This two day workshop will cover these very important aspects and many as they prepare for their upcoming interview. ★ *Register at Alston-Massenburg Center.*

**Location:** Alston-Massenburg Center  
**Instructor:** Lynne Mullins  
**Fee:** \$48  
**Session:** **Mar 15 & 22**  
Sat 11:00 am-12:30 pm

## Introduction to Scrapbooking (ages 14-adult)

Take your favorite memories and embellish them with stickers, frames, backgrounds, ribbons, and more in a way that they will last forever. Learn how to decorate each picture or memory to show it off to its full potential. **Requirements: Please bring scrapbook, paper, and photos.** Space is limited. ★ *Register at town hall.*

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$35  
**Session:** **May 2-Jun 6**  
Fri 6:00 pm-7:00 pm

## Introduction to the Theatre (ages 10-17)

A beginning level of theatre class to work on stage presence, movement, diction, presentation and many other theatrical workouts. **No class Apr. 23.** ★ *Register at Alston-Massenburg Center.*

**Location:** Alston-Massenburg Center  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** **Jan 8-Feb 12**  
Wed 4:15 pm-5:00 pm  
**Feb 26-Apr 2**  
Wed 4:15 pm-5:00 pm  
**Apr 16-May 28**  
Wed 4:15 pm-5:00 pm

## Babysitting Boot Camp (ages 11-17)

Students will learn how to react in emergency situations. Learn CPR, basic first aid and choking management skills. Please bring a bag lunch. Course workbook and DVD is included. Participants will receive certification through the National Safety Council. ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Jean Cooke  
**Fee:** \$70 per session  
**Sessions:** **Jan 18**  
Sat 9:00 am-4:00 pm  
**Mar 22**  
Sat 9:00 am-4:00 pm  
**May 17**  
Sat 9:00 am-4:00 pm

## Youth Golf (ages 5-11)

Participants will receive instruction in the game of golf. Learn golf rules as well as the basic fundamentals for putting and driving. ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Tim Gupton  
**Fee:** \$60  
**Session:** **Apr 28-May 19**  
Mon 4:00 pm-5:00 pm

## Beginner/Intermediate Tae Kwon Do (ages 7-17)

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class the first Thursday of every month. **Please register the first Tuesday of every month with the instructor.**

**Location:** Wake Forest Community House  
**Instructor:** Kevin Ray  
**Fee:** \$35 per month  
**Session:** **Ongoing**  
Tue/Thu 6:30 pm-7:30 pm

## Advanced Tae Kwon Do (ages 7-17)

No class the first Thursday of every month. **Please register the first Tuesday of every month with the instructor.**

**Location:** Wake Forest Community House  
**Instructor:** Kevin Ray  
**Fee:** \$35 per month  
**Session:** **Ongoing**  
Tue/Thu 7:30 pm-8:30 pm

## Beginner Acoustic Guitar (ages 6-8)

Students will learn basic techniques, chords and finger exercises. **Students must bring an acoustic guitar and a pick.** ★ *Register at Flaherty Park.*

**Location:** Flaherty Park Community Center  
**Instructor:** Krista Pimental  
**Fee:** \$45 per session  
**Sessions:** **Jan 18-Feb 8**  
Sat 10:30 am-11:30 am  
**Feb 22-Mar 15**  
Sat 10:30 am-11:30 am



## Beginner Acoustic Guitar (ages 9-12)

Students will learn basic techniques, chords and finger exercises. **Students must bring an acoustic guitar and a pick.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Krista Pimental  
**Fee:** \$45 per session  
**Sessions:** Jan 18-Feb 8  
Sat 11:30 am-12:30 pm  
Feb 22-Mar 15  
Sat 11:30 am-12:30 pm

## Beginner Acoustic Guitar (ages 6-12)

Students will learn basic techniques, chords and finger exercises. **Students must bring an acoustic guitar and a pick.** ★ Register at Alston-Massenburg Center.

**Location:** Alston-Massenburg Center  
**Instructor:** Krista Pimental  
**Fee:** \$45 per session  
**Sessions:** Jan 14-Feb 4  
Tue 5:00 pm-6:00 pm  
Mar 25-Apr 15  
Tue 5:00 pm-6:00 pm

## Intermediate Acoustic Guitar (ages 6-8)

Students will continue to learn techniques, chords and finger exercises. **Students must bring an acoustic guitar and a pick.** No class Apr. 5. ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Krista Pimental  
**Fee:** \$45  
**Session:** Mar 29-Apr 26  
Sat 10:30 am-11:30 am

## Intermediate Acoustic Guitar (ages 9-12)

Students will continue to learn techniques, chords and finger exercises. **Students must bring an acoustic guitar and a pick.** No class Apr. 5. ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Krista Pimental  
**Fee:** \$45  
**Session:** Mar 29-Apr 26  
Sat 11:30 am-12:30 pm

## Intermediate Acoustic Guitar (ages 6-12)

Students will continue to learn techniques, chords and finger exercises. **Students must bring an acoustic guitar and a pick.** ★ Register at Alston-Massenburg Center.

**Location:** Alston-Massenburg Center  
**Instructor:** Krista Pimental  
**Fee:** \$45 per session  
**Sessions:** Feb 18-Mar 11  
Tue 5:00 pm-6:00 pm  
Apr 29-May 20  
Tue 5:00 pm-6:00 pm

## Day Park Summer Camp (ages 6-12)

This is a recreational full day summer camp program that will enhance your youth's summer experiences through arts and crafts, education, nature, and recreational and sporting activities. This camp will operate for a nine week period from June 16-August 15. Participants must provide a lunch and two snacks daily. Participants must be age 6 on or before June 1, 2014. Camp will not be in session Tuesday, June 24 due to electoral voting, and Friday, July 4. Spaces are limited. ★ Register at town hall.

**Registration:** Mar 3-Apr 11  
**Location:** Wake Forest Community House  
**Fee:** \$100/week or \$900/nine-week session  
**Session:** Jun 16-Aug 15  
Mon-Fri 9:00 am-5:00 pm  
(early drop off 7:30 am and late pick up 6:00 pm)

## Watercolor Painting

Students will learn the use of materials, washes, glazes, color mixing, composition, color and texture. **No class May 7.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$75 (plus materials)  
**Session:** Apr 9-May 21  
Wed 1:00 pm-3:00 pm

## Adult Drawing

Students will work on their own level with direction under instructor guidance. All levels are welcome. ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$75 (plus materials)  
**Session:** Feb 26-Apr 2  
Wed 1:00 pm-3:00 pm

## Beginner Painting with Oils and Acrylics

Students will learn on their own level with direction under instructor guidance. **No class May 6.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$75 per session (plus materials)  
**Sessions:** Jan 7-Feb 11  
Tue 1:00 pm-3:00 pm  
Feb 25-Apr 1  
Tue 1:00 pm-3:00 pm  
Apr 8-May 20  
Tue 1:00 pm-3:00 pm

## Advanced Oil Painting

This course is designed for advanced oil painting students working on specific techniques and styles. **No class May 6.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$75 per session (plus materials)  
**Sessions:** Jan 7-Feb 11  
Tue 10:00 am-12:30 pm  
Feb 25-Apr 1  
Tue 10:00 am-12:30 pm  
Apr 8-May 20  
Tue 10:00 am-12:30 pm



## Intermediate Painting with Oils & Acrylics

Students will work on their own level with direction under instructor guidance. **No class May 7.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$75 per session (plus materials)  
**Sessions:** **Jan 8-Feb 12**  
 Wed 10:00 am-12:30 pm  
**Feb 26-Apr 2**  
 Wed 10:00 am-12:30 pm  
**Apr 9-May 21**  
 Wed 10:00 am-12:30 pm

## Impressionist Painting Workshop (ages 16-adult)

Participants will complete an impressionist painting in one afternoon. Pick your own subject matter and enjoy the painting process that changed the world! ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$70 (includes all materials)  
**Session:** **Jan 11**  
 Sat 10:00 am-3:30 pm

## Art of Woodcarving (ages 12-adult)

Students will be given hands-on instruction and will carve an animal, a relief picture, a chip carving and a whammy doodle. Instruction will also focus on different types of wood, tool safety, and basic sharpening techniques. All experience levels welcome. **Please bring an Xacto knife, #3261. No box cutters. An additional \$5 materials fee will be required payable to the instructor at the first class. No class Jan. 20.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Fred Zinn  
**Fee:** \$45  
**Session:** **Jan 13-Feb 24**  
 Mon 6:30 pm-8:30 pm

## Art of Woodcarving (ages 12-adult)

Students will be given hands-on instruction and will carve an animal, a relief picture, a chip carving and a whammy doodle. Instruction will also focus on different types of wood, tool safety, and basic sharpening techniques. All experience levels welcome. **Please bring a black Xacto knife #3261 for carving. No box cutters. An additional \$5 materials fee will be required payable to the instructor at the first class session. No class Jan. 24 and Apr. 18.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Fred Zinn  
**Fee:** \$45 per session  
**Sessions:** **Jan 17-Feb 28**  
 Fri 6:30 pm-8:30 pm  
**Mar 14-Apr 25**  
 Fri 6:30 pm-8:30 pm

## Garden Art (ages 16-adult)

**WORKSHOP** Yes, art in your garden! Paint a wooden garden angel with favorite motif for an artsy garden. ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Mary Benejam  
**Fee:** \$45 (includes all materials)  
**Session:** **Mar 8**  
 Sat 10:00 am-2:00 pm

## Introduction to Sewing (ages 14-adult)

Welcome to the wonderful world of sewing! You will learn to make and embellish an apron starting from pinning and cutting out your pattern to wearing your completed creation. Your own sewing machine is recommended but not required. Space is limited. **No class Jan. 24.** ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45  
**Session:** **Jan 17-Feb 28**  
 Fri 6:00 pm-7:00 pm

## Continuation to Sewing (ages 14-adult)

Learn more advanced techniques to make the projects you dreamed about but weren't quite sure how to make them into reality. Your own sewing machine is recommended but not required. Space is limited. ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$45  
**Session:** **Mar 7-Apr 11**  
 Fri 6:00 pm-7:00 pm

## Introduction to Scrapbooking (ages 14-adult)

Take your favorite memories and embellish them with stickers, frames, backgrounds, ribbons, and more in a way that they will last forever. Learn how to decorate each picture or memory to show it off to its full potential. **Requirements: Please bring scrapbook, paper, and photos.** Space is limited. ★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Jessica Marshall  
**Fee:** \$35  
**Session:** **May 2-Jun 6**  
 Fri 6:00 pm-7:00 pm

## Introduction to Social Dance (ages 16-adult)

A fun introduction to the world of social ballroom dancing. Basic patterns and techniques will be taught that will get students moving comfortably on the dance floor. Students will learn the basics to foxtrot, waltz, tango, rumba, cha-cha and East Coast swing. No partner necessary. **No class Jan. 20 and May 26.** ★ Register at town hall.

**Location:** Wake Forest Community House  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** **Jan 13-Feb 24**  
 Mon 7:30 pm-8:30 pm  
**Feb 26-Apr 2**  
 Wed 7:30 pm-8:30 pm  
**Apr 28-Jun 9**  
 Mon 7:30 pm-8:30 pm

## Continuing Social Dance (ages 16-adult)

Students must have taken Introduction to Social Dance to participate. A continuation of the basics in which floor navigation and more complex patterns will be added. No partner necessary. **No class Apr. 23.**  
★ Register at town hall.

**Location:** Wake Forest Community House  
**Instructor:** Jessica Marshall  
**Fee:** \$45 per session  
**Sessions:** Jan 8-Feb 12  
Wed 7:30 pm-8:30 pm  
Mar 10-Apr 14  
Mon 7:30 pm-8:30 pm  
Apr 16-May 28  
Wed 7:30 pm-8:30 pm

## Girls Night Out Cardio Ballroom (ages 16-adult)

Girls Night Out meets two nights a week making your workout that much more fun. This dance-inspired workout combines ballroom, Latin, swing and ballet styles of dance for a new type of workout. Bring your friends and join us for a great way to help tone and get rid of those unwanted pounds. Ladies only. **No class Jan. 20 and May 26.**  
★ Register at town hall.

**Location:** Wake Forest Community House  
**Instructor:** Jessica Marshall  
**Fee:** \$30 per session  
**Sessions:** Jan 8-Feb 24  
Mon/Wed 8:30 pm-9:30 pm  
Mar 10-Apr 16  
Mon/Wed 8:30 pm-9:30 pm  
Apr 28-Jun 9  
Mon/Wed 8:30 pm-9:30 pm

## Beginner/Intermediate Tae Kwon Do

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class the first Thursday of every month. **Note: Please register the first Tuesday of every month with the instructor.**

**Location:** Wake Forest Community House  
**Instructor:** Kevin Ray  
**Fee:** \$35 per month  
**Session:** Ongoing  
Tue/Thu 6:30 pm-7:30 pm

## Advanced Tae Kwon Do

No class the first Thursday of every month. **Note: Please register the first Tuesday of every month with the instructor.**

**Location:** Wake Forest Community House  
**Instructor:** Kevin Ray  
**Fee:** \$35 per month  
**Session:** Ongoing  
Tue/Thu 7:30 pm-8:30 pm

## Gentle Yoga

This class will emphasize the healing benefit of yoga with slower movements and connection to the breath. All levels are welcome. The practice will be especially beneficial for those who are recovering from injury or illness, or if you simply want a deep gentle yoga experience. **Please bring a mat and wear clothes that will allow you to move freely. Registration will be accepted on-site by the instructor.**  
★ Register at town hall.

**Location:** The Cottage at Olde Mill Stream  
**Instructor:** Sunny Davis  
**Fee:** \$60 per six-week session or \$12 drop-in fee  
**Sessions:** Jan 15-Feb 19  
Wed 10:00 am-11:30 am  
Mar 5-Apr 9  
Wed 10:00 am-11:30 am  
Apr 23-May 8  
Wed 10:00 am-11:30 am

## Core Strengthening with Pilates

Pilates is a safe, gentle form of exercise that strengthens the body from the inside out. Having a strong core helps improve the back, our ability to perform everyday activities and prevent injuries. The class is appropriate for all levels of fitness. **Please bring a yoga mat and wear comfortable clothes that will allow you to move freely. No class Jan. 20 and May 26.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Sunny Davis  
**Fee:** \$60 per six-week session/\$12 drop-in  
**Sessions:** Jan 13-Feb 24  
Mon 10:00 am-11:15 am  
Mar 10-Apr 14  
Mon 10:00 am-11:15 am  
Apr 28-Jun 9  
Mon 10:00 am-11:15 am

## Basic Zumba Fitness

The only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party." Two left feet? No problem! The choreography is broken down so that everyone has a great time! Bring a towel and a bottle of water and join Robin as she takes your calorie burn to the next level! ★ Register at Alston-Massenburg Center.

**Location:** Alston-Massenburg Center  
**Instructor:** Robin Marshall  
**Fee:** \$30  
**Session:** May 2-Jun 6  
Fri 7:00 pm-8:00 pm

## Zumba Gold®

Zumba Gold takes the Zumba formula and modifies the pace to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty latin music. Bring a towel and a bottle of water and join us as we lead you through a fun party that will take your calorie burn to the next level! ★ Register at town hall.

**Location:** Wake Forest Community House  
**Instructor:** Robin Marshall  
**Fee:** \$30 per session  
**Sessions:** Jan 15-Feb 19  
Wed 6:00 pm-7:00 pm  
Mar 5-Apr 9  
Wed 6:00 pm-7:00 pm

## Introduction to Emotional Freedom Techniques (EFT)

EFT is a powerful self-help method based on the discovery that emotional trauma contributes greatly to disease. Scientific studies show that EFT is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress. This class offers a firsthand EFT experience for individuals afflicted by stress, pain, anxiety, weight issues, phobias and depression.  
★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Sandy Concar, EFT INTc  
**Fee:** \$25  
**Session:** Jan 23  
Thu 6:00 pm-8:30 pm



## Weight Loss Foundation

Are you unhappy and depressed about how you look and feel? Have you tried everything to lose those extra pounds? Whether you want to reduce your weight by 10 pounds or 100 pounds, this class will provide you with the foundational steps to move you forward in reaching your ideal self. You'll learn how to curb your food cravings and how to easily select foods that you like and that support your goals without deprivation or willpower. If you're willing to invest in yourself and show up both nights and participate, you will succeed. ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Sandy Concar, EFT INTc  
**Fee:** \$55  
**Session:** Feb 6 and 13  
Thu 6:00 pm-8:30 pm

## CPR Recertification Course

Learn CPR for all ages (infant, child and adult) choking management, warning signals for heart attack and stroke and prevention of childhood accidents. Each participant will receive a course workbook and DVD. Participants will receive certification through the National Safety Council. **An additional \$15 materials fee will be required payable to the instructor.** ★ Register at Flaherty Park.

**Location:** Flaherty Park Community Center  
**Instructor:** Jean Cooke  
**Fee:** \$60  
**Session:** Apr 14  
Mon 6:00 pm-9:00 pm

## Creative Writing Workshop

Writing a one act play. Do you have a passion for telling stories? Do you enjoy live theater? If so, this class is right for you! You'll learn the basic elements for writing for the stage. We will also read one act plays and use writing exercises to ignite the creative writer in you! Please bring the writing tool of your choice (pen and paper, journal or computer) to the first class. Other materials will be provided. ★ Register at Alston-Massenburg Center.

**Location:** Alston-Massenburg Center  
**Instructor:** Robin Marshall  
**Fee:** \$60  
**Session:** May 2-Jun 6  
Fri 4:00 pm-6:00 pm



## Urban Forestry PROGRAMS

### Tree Stewards Workshop



The Town of Wake Forest is seeking volunteers with a passion for trees, a desire to learn, and an interest in becoming a Tree Steward in our community. Participants will receive free training on proper planting techniques, tree identification, pruning, fertilization and more. Volunteers that successfully complete the training will become Town of Wake Forest Tree Stewards. Tree Stewards must pledge to contribute at least four hours of service within one year of their training. Many opportunities for service will be offered including distributing information at community events, planting trees, and performing basic maintenance, such as mulching and watering. Participants under the age of 18 must have the permission of a parent or legal guardian to volunteer.

**Location:** Wake Forest Town Hall  
**Instructor:** Evan Keto, Urban Forester  
**Fee:** 4 hours of volunteer service  
**Session:** Mar 29  
Sat 9:00 am-1:00 pm

### Arbor Day Celebration and Tree Seedling Giveaway

The Town of Wake Forest will hold its annual Arbor Day Celebration and give away 2,600 tree seedlings, including eastern red cedar, wild plum, and swamp chestnut oaks. The Urban Forestry Board will announce the winners of the Green Medal Awards of Excellence. Please visit the Town of Wake Forest website or the Town App for more information about this free event.

**Location:** To be announced  
(location will be posted at [www.wakeforestnc.gov/arbor-day.aspx](http://www.wakeforestnc.gov/arbor-day.aspx))  
**Date:** Saturday, Mar 22  
10:00 am-2:00 pm

The Urban Forestry Program, a division of Wake Forest Parks & Recreation, is responsible for all trees in town parks, street right-of-ways and public spaces.

**Trees are an important part of Wake Forest's identity and provide many benefits.**

#### Large healthy trees:

- Make businesses more appealing places to shop and dine
- Have been shown to reduce crime, energy bills and stormwater control costs
- Can add up to 10% to a property's value
- Filter and remove pollutants from the air
- Make neighborhoods safer and more comfortable for exercising





# Athletics

## ADULT LEAGUES

### Men's Softball (recreational)

League play begins the week of Mar. 17 (primarily Monday and Wednesday).

**Fee:** \$550/team  
**Registration:** Feb 3-28

### Church Softball (men)

League play begins the week of April 21 (primarily Tuesday and Thursday).

**Fee:** \$550/team  
**Registration:** Mar 3-31

### Church Softball (co-rec)

League play begins the week of June 23 (primarily Tuesday, Thursday, Friday and Saturday).

**Fee:** \$550/team  
**Registration:** May 1-30



### Receive notice of game cancellations on your smartphone

Download the free Town of Wake Forest app and receive an alert any time games are cancelled. Search for "Town of Wake Forest" on iTunes, in the iPhone app store, or in Google Play. Visit [www.wakeforestnc.gov/app.aspx](http://www.wakeforestnc.gov/app.aspx) for more information.

## YOUTH LEAGUES

### Dream League Baseball (ages 5 and up)

An adaptive baseball league for school-aged special-needs children. League play begins in April, with games on Saturday mornings through early June. *Online registration is available.*

**Fee:** \$40 resident\*  
\$80 non-resident

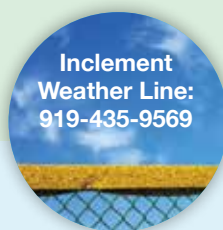
**Registration:** Feb 3-28

### Volleyball (girls, ages 9-16)

Team practices begin in May, with games played June-July. League age is determined by participant's age on Jan. 1, 2014. *Online registration is available.*

**Fee:** \$40 resident\*  
\$80 non-resident

**Registration:** Apr 1-30



Inclement  
Weather Line:  
919-435-9569

### Anthony "Airport" Greenup Basketball Clinic (ages 6-12)

Skills development clinic for young basketball players featuring former Harlem Globetrotter Anthony "Airport" Greenup. Participants must be 6 yrs. old before Mar. 1, and must not turn 13 yrs. old before Mar. 1. **Deadline to register is Feb. 21.** *Online registration is available.*

**Location:** Flaherty Park Community Center  
**Instructor:** Anthony "Airport" Greenup  
**Fee:** \$45 (includes T-shirt)  
**Session:** Mar 1  
Sat 9:00 am-1:00 pm

### Baseball, Softball, T-Ball (boys 5-17, girls 5-15)

League drafts/team placement will begin in March. Practices begin within one week of league drafts. Games are played primarily on weeknights from April through late June. League age is determined by participant's age on April 30, 2014. *Online registration is available.*

**Fee:** \$40 resident\*  
\$80 non-resident

**Registration:** Feb 3-28

**Basketball**—The 2014 youth basketball leagues begin play in December, with games at J.B. Flaherty Park, WF-R Middle, Heritage Middle, Franklin Academy High, and Wake Forest Elementary gyms.

### Birth certificate is required.

A copy of participant's birth certificate must be filed with the Wake Forest Parks & Recreation Department along with a league registration form. Birth certificate is required one time only.

\* "Wake Forest resident" lives within the town limits

### Track & Field (ages 6-18)

In this introduction to track and field, participants will learn proper running technique and gain experience in their choice of the following Olympic running events: 100, 200, 400, 800, 1500, 3000. Participants will also have an opportunity to be exposed to the hurdles, long jump, and shot put. Maximum: 30 participants. Age is determined by participant's age on Jan. 1, 2014. *Online registration is available.* **Registration closes March 28.**

**Location:** Wake Forest Middle School track  
**Instructors:** Staff from Speed Academy, Inc.  
**Fee:** \$75  
**Session:** April 14-May 20  
Tue/Thurs  
5:30 pm-6:30 pm





# Adult Team Registration Form

TEAM NAME:

LEAGUE:

**Player Affidavit:** Each player must read the following statement and sign the roster form before participating. Incomplete rosters will not be accepted. I understand that by signing this roster I cannot play on another team in the same league, agree to abide by rules and regulations as set by WFPRD, and have read and understand each provision of the Waiver, Release of Liability and Indemnification Agreement on this form and agree to abide by them, and certify that the information provided is correct.

PLAYER NAME (Printed)	ADDRESS (City, State, Zip)	HOME PHONE	WORK PHONE	SIGNATURE
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				

MANAGER (Name):

ADDRESS:

HOME PHONE:

WORK PHONE:

EMAIL:

**Waiver, Release of Liability and Indemnification Agreement:** By signing this document, I hereby absolve the Town of Wake Forest and any individuals, groups, or organizations officially connected in any manner with the above-stated program of all liabilities including equipment loss, property damage, personal injury, or death. Such absolution is to be binding when the above individuals are acting within the scope of the activity. I hereby accept the supervision, facilities, and equipment as being satisfactory for the league named above. I understand that insurance coverage is my responsibility, and that I have read and agree to the terms stated above.

I certify that the information given above is correct to the best of my knowledge. In addition, I verify that I am aware that it is my responsibility to inform my team members of the rules and regulations of the Wake Forest Parks and Recreation Adult Leagues.

MANAGER'S SIGNATURE:

**Photo Release:** Your likeness may be captured by the Town of Wake Forest for use in promotional, news, or informational media. Your participation in this activity implies your consent. If you do not wish for your photo to be used, please contact the Parks & Recreation Department at (919) 435-9560.

**Submit roster to:** Town of Wake Forest Parks & Recreation Department  
301 S. Brooks Street Wake Forest, NC 27587 | 919-435-9560 | Fax: 919-435-9499

## LEAGUE AGE CHART

(APRIL 30, 2014)

May	June	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	5
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	6
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	7
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	8
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	9
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	10
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	11
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	12
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	13
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	14
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	15
1997	1997	1997	1997	1997	1997	1997	1997	1998	1998	1998	1998	16
1996	1996	1996	1996	1996	1996	1996	1996	1997	1997	1997	1997	17

▲ **Spring 2014 Baseball & Softball Leagues** Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

## Proof of Age

### First Time Participants

A copy of the participant's birth certificate must be presented with the registration form at the time of registration. Registrations will not be accepted without a copy of the participant's birth certificate.

### Returning Participants

A copy of the participant's birth certificate must be filed with the Wake Forest Parks & Recreation Department along with the registration form.

## Online Registration

Returning participants may register at the Town of Wake Forest website:

[www.wakeforestnc.gov/residents/parksrecreation\\_youthathletics.aspx](http://www.wakeforestnc.gov/residents/parksrecreation_youthathletics.aspx)



Baseball (male)	AGE	Softball (female)
T-ball	5 coed	T-ball
T-ball	6 coed	T-ball
Coach Pitch	7 coed	Coach Pitch
Coach Pitch	8 coed	Coach Pitch
Minor League (machine pitch)	9	Minor League (machine pitch)
Minor League (machine pitch)	10	Minor League (machine pitch)
Little League (11-12)	11	Little League (11-12)
Little League (11-12)	12	Little League (11-12)
Junior League (13-14)	13	Junior League (13-14)
Junior League (13-14)	14	Junior League (13-14)
Senior League (15-17)	15	Senior League (15-17)
Senior League (15-17)	16	Senior League (15-17)
Senior League (15-17)	17	Senior League (15-17)



## Participant Information

Please write legibly. Complete one form per person. Make copies as necessary.

ARE YOU A WAKE FOREST RESIDENT?:

☐ Yes ☐ No

GENDER:

☐ Male ☐ Female

AGE: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

EMAIL ADDRESS (optional): \_\_\_\_\_

☐ I would like to receive occasional email communications about Town of Wake Forest programs, services, and special events.**NOTE:** The Town of Wake Forest now has the authority to deny requests for copies of subscriber email lists. Passed by the North Carolina General Assembly in July 2010, House Bill 1921 states that email address lists are open to public inspection for those who want to come to town hall to see them but are no longer required to be provided.

## Youth Athletic Leagues Only:

SCHOOL: \_\_\_\_\_

GRADE: \_\_\_\_\_

FATHER'S NAME: \_\_\_\_\_

FATHER'S DAY PHONE: \_\_\_\_\_

MOTHER'S NAME: \_\_\_\_\_

MOTHER'S DAY PHONE: \_\_\_\_\_

JERSEY SIZE:

☐ Youth S ☐ Adult S  
☐ Youth M ☐ Adult M  
☐ Youth L ☐ Adult L  
☐ Adult XL
COACHING VOLUNTEERS:  
(HEAD COACH)☐ Dad ☐ Mom ☐ Both

SIBLINGS:

Name(s) of sibling(s) in same age group/league, if any:

ARE YOU A NEW PARTICIPANT?

☐ **Yes.** You must present a birth certificate along with this registration form in order for the registration to be processed.☐ **No.** We will confirm that we have your birth certificate on file. If we do not, you must provide one before we can process your registration.**Athletic Refund Policy:**

Anyone withdrawing from an athletic program must request a refund, in writing, in order for a refund to be processed. Fees are 100% refundable if requested before participant's first assigned team practice.

**Note:** Registration for athletic programs will be accepted only during advertised registration periods.

PROGRAM TITLE / SPORT: \_\_\_\_\_

STARTING DATE: \_\_\_\_\_

DAY OF WEEK: \_\_\_\_\_

TIME: \_\_\_\_\_

FEE: \_\_\_\_\_

## Health &amp; Emergency Information

Parent/Guardian Name(s): \_\_\_\_\_ (H) Phone: \_\_\_\_\_ (W) Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ (H) Phone: \_\_\_\_\_ (W) Phone: \_\_\_\_\_

**Special Needs:** The Wake Forest Parks & Recreation Department will attempt to provide accommodations for program participants when the need for accommodation is requested within two weeks. To insure a medically safe and appropriately planned program, please list any special need or precaution which may require accommodations for participating (i.e., visual or hearing impairment, mental or physical disability, heart condition, history of seizures, asthma, ADD, etc.)

Physician Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Known Allergies: \_\_\_\_\_

Current Medications: \_\_\_\_\_

Parent/Guardian and Adult Participation Agreements: I, \_\_\_\_\_ (parent/guardian), do hereby give my permission for \_\_\_\_\_ (participant) to participate in the program offered by the Wake Forest Parks and Recreation Department known as \_\_\_\_\_.

By signing this document, I hereby absolve the Town of Wake Forest and any individuals, groups, or organizations officially connected in any manner with the above stated program of all liabilities concerning personal injury, property damage, equipment loss, or death. I realize that transportation to and from the program is my responsibility, and that if anyone connected with the program transports my child on my behalf, I will hold the party/parties involved blameless of any accident or injury that may occur. Such absolution is to be binding when the above individuals are acting within the scope of the activity. I hereby accept the instructor, supervision, facilities, and equipment, as being satisfactory for the program activity named above. I understand that insurance coverage is my/our responsibility, and I/we certify the I/we have read and agree to the terms stated above and that all information provided is correct to the best of my/our knowledge.

**Photo Release:** Your likeness may be captured by the Town of Wake Forest for use in promotional, news, or informational media. Your participation in this activity implies your consent. If you do not wish for your photo to be used, please contact the Parks & Recreation Department at (919) 435-9560.**Refund Policy:** Class fees and athletic fees are 100% refundable when the class or league is canceled by the Wake Forest Parks & Recreation Department. Anyone wishing to withdraw from a class that has not been cancelled by the Wake Forest Parks & Recreation Department must request a refund, in writing, at least ten business days in advance before the scheduled start of the class or first practice. Refunds will not be given for withdrawals made less than the ten working day period other than for verified medical/hardship cases.**Non-Discrimination Policy:** The Wake Forest Parks & Recreation Dept. does not discriminate on the basis of race, color, national origin, sex, religion, age, sexual orientation or disability in employment opportunities or the provision of services, programs, or activities. A participant alleging discrimination on the basis of the aforementioned areas may file a complaint with the Director of the Wake Forest Parks & Recreation Dept. or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, DC 20240.**Disclaimer:** Town of Wake Forest fees and charges are subject to change without notice. Please call 919-435-9560 to confirm rates.**Complete and sign registration form.** ➡ ➡**Return form and full payment by mail or in person.**Town of Wake Forest  
Parks & Recreation Department  
301 S. Brooks Street, Wake Forest, NC 27587

Parent/Guardian Adult Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Make check payable to: Town of Wake Forest

☐ I would like to receive an email confirmation of my payment. I have provided my email address above.

## OFFICE USE ONLY

☐ New ☐ Returning

Date Rcvd \_\_\_\_\_

Fee Paid \_\_\_\_\_

☐ BC attached ☐ BC on file

Rcvd By \_\_\_\_\_

☐ Cash☐ Check # \_\_\_\_\_☐ Credit Card



Town of Wake Forest  
Parks & Recreation Department  
301 S. Brooks Street  
Wake Forest, NC 27587

[www.wakeforestnc.gov/  
parksrecreation.aspx](http://www.wakeforestnc.gov/parksrecreation.aspx)

PRSRT STD  
US Postage  
**PAID**  
Wake Forest, NC  
Permit #118

## SAVE THESE DATES!

### Program Registration

#### NOV 12:

Walk-in registration begins  
for all classes.

#### NOV 12-DEC 31:

Online registration is available  
Nov 12-Dec 31. After Dec 31, if  
spaces are still available in the  
class you may register in person.

### Athletic League Registration

#### FEB 3-28:

Youth Baseball, Softball, T-ball,  
Dream League Baseball  
Men's Softball League

#### MAR 3-31:

Men's Church Softball League

#### APR 1-30:

Girls volleyball registration

#### MAY 1-30:

Co-Rec Church Softball League

### Flaherty Open House

#### JAN 24 ~ 6:30 pm-8:00 pm

Flaherty Park Community Center  
1226 N. White St.

Join us for an evening of free, fun  
filled activities to see what the  
Wake Forest Parks & Recreation  
Department has to offer. This is  
an excellent opportunity to meet  
instructors, ask questions, and  
register for upcoming programs.  
Instructor demonstrations as  
well as group performances with  
current participants will take  
place.

# Celebration of the Arts

PRESENTED BY CENTURYLINK AND  
IMAGENATION SYSTEMS

 CenturyLink 

OPENING OF THE NEW  
**WAKE FOREST RENAISSANCE CENTRE**  
**Nov 14-16**

THURSDAY, NOV 14 Opening Night Gala FRIDAY, NOV 15 A Night at the Theatre  
SATURDAY, NOV 16 An Evening with Marcus Anderson

Wake Forest Renaissance Centre | 405 S. Brooks St. | 919-435-9560 | [www.wakeforestnc.gov/purchase-tickets.aspx](http://www.wakeforestnc.gov/purchase-tickets.aspx)  
TICKETS NOW AVAILABLE